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RICHMOND PROGRESS

"The Friendly Newspaper That Dares to Tell The Truth"

Democratic, a Newspaper that stands solidly behind President Roosevelt and the New Deal

SIXTH YEAR | Richmond, California, Monday July 11th 1938 | NUMBER TWENTY-TWO

California Prepares to Welcome President

Golden Bear State Millions Will Greet Chief Executive Here

All California is agog with excitement this week. Our great and beloved President, Franklin D. Roosevelt, able leader of the United States of America—the greatest nation on earth— is coming to the fairyland of our country — California.

With his party he will detrain at Crockett where thousands will gather to wave an answering "hello" to his welcome smile.

Over the great Carquinez Bridge the presidential cavalcade of 16 cars will ride to the Navy Yard at Mare Island. Thence the party will traverse the Black Pt. Cut-off to Marin County and out over the Golden Gate Bridge into San Francisco.

Half a Million People

It is anticipated that close to a half million people will be gathered at the Civic Center of The City That Knows How to greet our most distinguished leader.

Over the world's greatest span —the San Francisco-Oakland Bay Bridge—to Treasure Island where the President will eat his lunch at 12:30, and then aboard the U. S. S. Houston to inspect the majesty of America's Navy in a review of the Pacific Fleet until 11 p.m. from whence FDR and party will leave for El Portal and the Hetch Hetchy Dam.

The next day the trip will be resumed to Los Angeles and San Diego.

Many Richmond Folks to Go

Many Richmond folks will see the president at Crockett, a cavalcade of automobiles to leave Democratic Headquarters at 7 a.m. next Thursday July 14th.

Others will go to San Francisco for the noon gathering in the city.

COMMENT

By the Editor

'IMMACULATE'
BOBBS PENROSE

When the pro-Roosevelt "New York Daily News"—largest circulation in America—published a recent editorial dealing with the propriety of the "Saturday Evening Post's" publication of the "Jimmy" Roosevelt article, the statement was made that, while investigation of things was being done they might as well investigate the S. E. P.! We do not know exactly what the "News" meant by that.

* * *

We do know, however, that, editorially, the S. E. Post is perhaps the most biased and unfair periodical in the country unless it would be Bernarr MacFadden's Liberty Magazine. And, of course for him, thoughtful persons will have only pity as he can neither write nor think.

* * *

Latest editorial blurb in the Post consists of a two-column diatribe against the New Deal spending policy which helps those unemployed and on relief. The Post says that all this relief money is just campaign funds.

Continued on Page Five

MURPHY ENDORSED BY AFL

San Francisco Sheriff Moves Into Leading Position in Gov. Race

Unanimously endorsed by the official Convention of the California Political League of the American Federation of Labor at Santa Barbara yesterday was Sheriff Daniel C. Murphy of San Francisco.

The vote followed a ballot in which Murphy obtained 304 out of 597 votes, a clear majority of 11 votes over all others cast, the nearest contender being State Senator Culbert Olson who gained 179 votes.

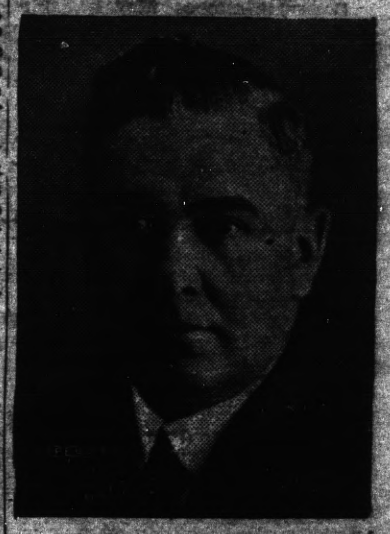
Murphy Takes Lead

This event, in our opinion, brings Sheriff Murphy up into the lead for consideration in the Democratic nomination. He is the one who, if he can gain the nomination, can win from either Hatfield or Merriam.

It is too early to speak fully until after President Roosevelt comes this week, though it is not anticipated that he will take a decided stand on the gubernatorial race. The President, however, is expected to further endorse Senator W. G. McAdoo, who is his choice for re-election.

Our Prediction to Date

We would refresh the minds of our readers at this time to our prediction on March 7, 1938 —"It looks like it might be Murphy for Governor!"



SHERIFF MURPHY

O. R. Ludewig Chosen as Mayor

It is customary for the city of Richmond's council to vote unanimously on most matters. And the selection each year of one of our councilmen by their own vote to act as Mayor is no exception.

This year the unanimous choice for the fair year of 1938-39 fell upon Councilman Otto R. Ludewig who, coincidentally, acted as Mayor of the City for 1913-14, just twenty-five years ago. Nominated by Councilman J. A. Bell and seconded by Coun-

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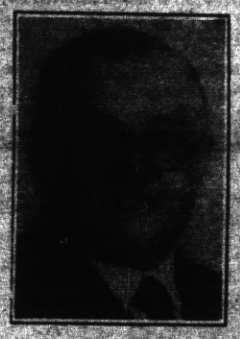


MAYOR LUDEWIG

BEAUTY CONTEST FOR COUNTY FAIR

County Fair Manager Wayne L. Hawkins announced details of the plan to select a Queen to reign over the big celebration here August 25-28, 1938.

Candidates will not be asked to sell votes this year, but the contest will be decided on beauty and personality alone.

Continued on Last Page

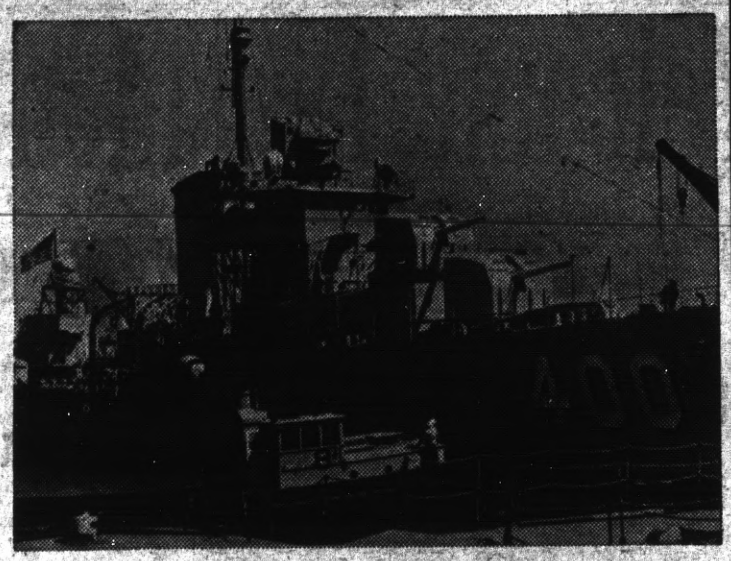
TREASURE ISLAND GARDEN

Presented today by the California State Commission, Charles H. Purcell, Executive Officer and Timothy L. Pflueger, Supervising Architect, is the above artist's conception of the rear courtyard of the Alameda-Contra Costa Building—designed by Irving F. Morrow of Morrow and Morrow, San Francisco—for the Golden Gate International Exposition. Feasting a garden of rare beauty, with arrangement and rotation to be supervised by Professor Harry W. Sheobard of the University of California, distinguished horticulturist, murals, statuary and loggias will combine to form a setting of incomparable beauty.

News Review of Current Events ★

CHANCE FOR RECOVERY

President's Call for Help Indicates Compromise . . . He Demands Election of Liberals to Congress



Speediest ship in our navy, the destroyer McCall, was commissioned at the Mare Island navy yard in California. The McCall, first privately built navy vessel since 1921, has a specified speed of 38½ knots, but in recent tests was reported to have averaged 42 knots. It carries four 5-inch guns and four quadruple torpedo tubes and is especially fitted for quick attacks on capital ships.

Edward W. Pickard
SUMMARIZES THE WORLD'S WEEK

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Signs of Compromise

THERE are distinct indications of compromise and co-operation in the American picture, and hopes for restored prosperity are somewhat revived. The stock market has become unusually active, and private enterprise is awakening. Unfreezing of three billions in stored-up credit is expected to result from new banking regulations ordered by the President. Thousands of contracts for approved projects to cost almost $500,000,000 have been sent to all parts of the country by the Public Works administration.

Mr. Roosevelt, in his latest radio address to the nation, said: "In simple frankness and in simple honesty, I need all the help I can get," and it seems that the people are ready to give that help if the administration will do its part.

Notable in the President's talk was the admission that mistakes have been made not only by his opponents and by industry and labor, but also by government leaders. He sharply attacked reactionaries in business, blaming them for much of the current depression.

Asserting his continued belief in individual enterprise and the profit motive, he criticized the recent congress for failing to enact his program for government reorganization and legislation to aid the financially depressed railroad industry. At the same time, however, he said the legislators "achieved more for the future good of the country than any congress between the end of the World war and the spring of 1933."

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Wants Liberals Elected

MOST of the President's radio speech was frankly political. He declared himself the leader of the liberals and held that, as such, it was his privilege to intervene in state primary and election campaigns for the purpose of insuring the defeat of those whom he characterized as conservatives, the opponents of his policies.

This aroused the indignation of many Democratic statesmen like Senators Burke of Nebraska and King of Utah.

"I believe the people in the districts and states will resent the President's interference," Burke said. "If we were to follow the course he has suggested, we would all be goosestepping behind a leader no matter how beneficent that leader may be. I do not approve of that course."

Senator King asserted the President should not use the great advantage he has in controlling the purse strings of the huge spending program. "People who have fought for the Democratic party for a great many years do not like interference in their state affairs by outsiders," he said. "I do not believe the President should meddle in the primary elections of the Democratic party or any other party."

General opinion was that Mr. Roosevelt had widened the split in the Democratic party and by his words had placed the stamp of his approval on the attempted "purge" directed by Corcoran, Cohen and others of his advisers.

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Swedes Celebrate

AMERICANS of Swedish descent by the thousand and many from Sweden gathered at Wilmington, Del., for the celebration of the 300th anniversary of the landing in America of the first Swedes and Finns. From the old country came Crown Prince Gustaf Adolf with a large party, but he was confined to his suite on the liner Kungsholm by illness. His place was taken by his son, Prince Bertil.

Prince Bertil

The principal event of the opening ceremony was the presentation of a monument erected by Sweden on the landing site. The presentation was made by Prince Bertil and accepted by President Roosevelt. Then the President presented the monument to Gov. Richard McMullen for the state of Delaware.

After the monument ceremony there was a lawn party attended by Crown Princess Louise.

The celebration was continued for four days in Delaware, New Jersey and Pennsylvania, parts of which states were embraced in the New Sweden founded in 1638 by a company of 150 Swedes and Finns sent to America by Gustafus Adolphus.

—*—

Latest War Scare

BOMBING of loyalist Spanish cities and of British ships in Spanish ports by Generalissimo Franco's insurgent planes led directly to the most recent war scare in Europe. It was reported in London that the loyalists had threatened to bomb Italian and German cities if Franco did not call off his airmen, and in Italy it was asserted that this probably would be regarded as an act of war and would be the cause for appropriate action.

The rumors were denied, but their dissemination may have done some good, for information reached the British government that Franco had ordered his aviators to stop bombing British merchant vessels.

However, this news was followed immediately by dispatches saying two more British ships had been bombed in the ports of Valencia and Alicante, several seamen being killed or wounded.

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For Naval Expansion

IMPETUS was given the naval expansion program with PWA allotments of $27,883,000 for the enlargement, extension and remodeling of existing plants and facilities of the navy department.

With orders for full speed ahead the navy department said that 113 projects, approved by Mr. Roosevelt, will be under way by August 15. Among the projects are power plant improvements, foundry building, high frequency radio station, fleet moorings, turret assembly facilities, improvements to ship building ways, structural assembly, electric and sheet metal shops, water storage, railroad tracks, noncommissioned officers' quarters, storage buildings and other improvements.

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Fish Attacks Hamilton

HEATED discussion over immediate control of campaign funds among members of the Republican national executive committee, meeting in Washington, gave Rep. Hamilton Fish of New York an opportunity to renew his fight on National Chairman John Hamilton, whose removal he demanded.

Rep. Fish

With Hamilton out of power, Fish said, the Republicans would win 10 senate seats and 100 house seats. With Hamilton at the helm, he warned, Republican gains would be reduced by half.

Rep. Joe Martin of Massachusetts and Sen. John Townsend of Delaware, chairmen, respectively, of the house and senate G. O. P. campaign committees, have demanded allotment of funds from the national committee and exclusive control of their expenditure. Hamilton has resisted these demands.

Representative Bertrand Snell of New York, Republican leader in the house, told the committee that he intended to retire from public life and would not seek re-election this fall.

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Mustn't Seize Hainan

THE British and French envoys in Tokyo warned Japan that any occupation of Hainan, Chinese island off the south coast of China, would be met by joint Franco-British action. The island, which lies near French and British trade routes, was bombed by Japanese flyers.

Germany is recalling the Germans who have been acting as advisers to the Chinese army, and diplomats believe Germany may now give active aid to Japan.

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Group for Labor Survey

NINE men and women were appointed by the President as members of a special commission that will study the workings of the British labor disputes law and Swedish labor relations. Most of them already are in Europe ready to begin their work.

The group is composed of Lloyd K. Garrison, dean of the University of Wisconsin law school; Robert Watt, American Federation of Labor representative; Gerald Swope, president of the General Electric company; Henry I. Harriman, former president of the Chamber of Commerce of the United States; William H. Davis, chairman of the New York labor mediation board; Mrs. Anna M. Rosenberg, regional director of social security for New York; Charles R. Hook, president of the American Rolling Mills company; Miss Marion Dickerman, principal of Todhunter school, New York, and William Ellison Chalmers, assistant American labor commissioner in Geneva.

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Some for Every State

NO SOONER had President Roosevelt signed the pump priming measure than the flood of federal money was released. The Public Works administration of which Secretary Ickes is the head, made public two lists of grants and loans covering 590 projects in every state in the union with a total estimated cost of $148,795,895.

Secretary Ickes

Four more lists were ready, and these, PWA officials said, would complete the "first push" toward a $2,000,000,000 construction program to provide work and stimulate industry. Officials further estimated that these initial groups of projects may run as high as 1,500 or 2,000 with a cost of $600,000,000.

Federal grants under the PWA procedure cover 45 per cent of the cost and, when a PWA loan is made, 55 per cent. The difference between the estimated overall cost of the projects and the sum of loans and grants made by PWA is supplied by the various applicants.

The 291 projects in the first group to cost $92,520,374 will be financed by the PWA to the extent of $41,632,715 in grants and $9,021,000 in loans while the second list of 299 projects to cost $56,275,521 will receive federal grants of $5,260,413 and loans of $1,900,500. Thus the amount of government assistance to 590 projects estimated to cost $148,955,895 will amount to $75,814,623.

The President, when he signed the act, told the press that business conditions were not as bad as popularly believed, and said he looked for a definite pickup in the near future.

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Japanese Bomb Swatow

JAPANESE planes made three destructive raids on Swatow, a treaty port 220 miles northeast of Canton. Their bombs ruined the power plant and railroad station. The United States gunboat Asheville stood by to protect the 69 Americans in the consular district. It was believed this was the start of a great offensive designed to cut off Canton from the central battlefront.

Referring to Hankow reports of possible mediation by a third power, a Japanese spokesman in Shanghai said: "Japan will continue to fight until Generalissimo Chiang Kai-shek is overthrown. If Chiang would only jump in the Yangtze river or otherwise dispose of himself, Japan would be highly satisfied."

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Louis K.O.'s Schmeling

JOE LOUIS of Detroit, the "Brown Bomber," stands the undisputed heavyweight champion of the world. His amazing victory over Max Schmeling of Germany in the Yankee stadium at New York gave him that status. In less than one round the challenger was hammered to the floor three times by the crashing blows of Louis, and his seconds threw the towel into the ring, for the German was quite helpless. The referee declared Louis the winner by a technical knockout.

The loser said his defeat was caused by a blow over the kidney. X-ray examination of the German after the battle showed a projection from a vertebra was broken. The blow was not a foul for it was not struck in a clinch.

Eighty thousand persons witnessed this epochal battle, the shortest heavyweight championship bout in history. Louis got 40 per cent of the gate and 20 per cent went to Schmeling.

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Roper Is Optimistic

THAT there will be a business upturn, certainly by autumn and possibly earlier, is the prediction of Secretary of Commerce Roper.

"Natural economic factors," he said in a prepared statement, "coupled with the influence of constructive legislation, point the way to an early favorable trend in the business cycle for which business should immediately make adequate preparation."

The railroad situation, Roper said, is the most disturbing factor in the present economic picture, and it may make necessary a special session of congress. He declared the condition of the roads is getting progressively worse and is very serious. He saw hope, however, in prospect of bumper crops in the Midwest which would increase the demand for transportation.

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Goebbels Assails Jews

THOUGH the attacks on Jews in Berlin and other German cities were officially deplored by the Nazi government, Paul Joseph Goebbels, minister of propaganda, further stirred the anti-semetic sentiment in a speech before a huge gathering in Berlin, demanding that all Jews be eliminated from business.

"The foreign press laments that Jewish stores are marked," Goebbels said, referring to the smearing of store fronts with the word "Jew" in red paint. "I do not approve of this either, but it is a good thing to know which are Jewish shops. We will take legal measures to curtail their businesses. They will soon disappear. The Jews incite us by their very presence."

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Ireland Installs Hyde

IRELAND'S first president, in the person of Dr. Douglas Hyde, was installed in St. Patrick's hall, Dublin castle, where former viceroys held their social functions. The ceremony was conducted entirely in Gaelic and was witnessed by state and church officials, members of parliament and representatives of foreign countries. Among the last was American Minister John Cudahy.

Douglas Hyde

Dr. Hyde read and signed a declaration in which he promised to defend the constitution and dedicate himself to the service of the people of Ireland. Prime Minister De Valera made a speech in which he said:

"You are now our president, freely chosen under our own laws, inheriting authority and entitled to the respect which Gaels ever gave to rightful chiefs. Not all the territory of Ireland is at the moment under your sway, but the justice of our claim and the tenacity of the Gaels will set that right."

President Hyde has been a poet, historian and educator. He is the son of a protestant clergyman and it is hoped he will bring about a union of Roman Catholic Ireland and Protestant northern Ireland.

'Dutch' Form of 'Deutsch'

The word "Dutch" is simply an English form of "Deutsch" and related words of the Germanic tongues. It was formerly applied to all peoples of Germanic stock or language, and it is only in comparatively late usage that its application has been more or less restricted to Hollanders. The Pennsylvania Dutch" who play so important a part in the life and history of that state, and of the nation, are almost entirely of German and German-Swiss descent.

Happenings in Point Richmond

Hundreds Attend Wedding of Popular Point Richmond Couple

Point Richmond will long remember the wedding which took place on Sunday July 3d 1938 the principals being the very popular Miss Rose Grosso and Mr. Mario Bozzo.

Our Lady of Mercy Church was crowded with friends of the happy couple when the nuptial ceremony took lace at four o'clock in the afternoon.

Father Matthew A. Smith, pastor, officiated as the bride was given away by her father. She was gowned in white satin, made on princess lines with a high collar. Her long net veil was edged in silk lace and framed her face in a pearl encrusted cap. Orchids and lilies of the valley formed her bouquet.

Miss Grosso had as her matron of honor, Mrs. Eugenio Franco, sister of the groom. She wore aqua lace and net, carried blue sweet peas and pink roses. Maid of honor was Miss Lena Rembado whose gown was of lace and net with headdress similar to that worn by the matron of honor. The bridesmaids were the Misses Viola Lala and Nora Barbieri, the Mesdames Lawrence Moglia and Orvis Stephenson.

Mr. Bozzo was attended by his best man, Mr. Robert Conaty, and the ushers were Messrs. Lawrence Moglia, Orvis Stephenson, Michael Delucchi, Benjamin Sanchez and Louis Galetti.

After the ceremony, the guests repaired to the Memorial Hall in Richmond which large auditorium was taxed to capacity to provide space for the well-wishers of the happy newlyweds. Mesdames Mario Grosso, the mother of the bride, Mrs. Angelo Bozzo, the groom's mother and Mrs. Frank Moglia, grandmother of the bride, received the guests at the banquet and dancing which followed.

Following a short honeymoon the couple will return home to Point Richmond where Mr. Bozzo is one of the popular owners of the Torino Bakery. Both are graduates from Richmond Union High School and are among the most popular members of the younger set here.

The Progress is proud to offer our congratulations and best wishes.

O'BRIEN-O'DONNELL MARRIAGE FORTHCOMING NEXT SUNDAY

A social event of much interest in Point Richmond is the marriage on next Sunday of Miss Mollie O'Brien to Mr. John O'Donnell. The couple are among and a world of friends will wish them success on the union.

POINT RICHMOND AERIE —F. O. Eagles, No. 354—

Martin S. Battaya, Worthy President of Point Richmond Aerie of Eagles, informs the Progress that the next event of great interest to local Eagles will be the big initiation and meeting on the final Thursday of this month, July 28th. Big feed following the meeting. Secretary Joe Adondetto reports a gratifying increase of new members in the order which is one of the leading fraternities in Richmond as it is in the nation.

Mr. and Mrs. E. J. Dingle and their daughter, Ruth, and Eileen Cunan spent the holiday at Sonora, returning to Richmond on Tuesday of this week.

NEW KEY SYSTEM SCHEDULE IS ANNOUNCED

The Progress deeply regrets to anonunce the bereavement of Miss Katherine McCracken who learned this week of the death of her beloved sister Mrs. Wm. Kabel in Detroit, last Friday.

Miss McCracken left immediately to attend the funeral services and will remain tos several weeks in the motor metropolis.

In the absence of our good social editor we will appreciate any help our subscribers may volunteer to keep Miss McCracken's page of news up to its standard until her return.

Mr. and Mrs. H. N. Palmateer left Sunday for a two weeks' motor trip in northern California. They plan to spend some time on Smiths river where Mr. Palmateer will enjoy trout fishing.

OUR GUEST EDITOR THIS WEEK IS:—

W. Edgar Allen, of the "Brentwwod News." He writes:—

* * *

Politics is politics, but Democratic politics in Contra Costa county is something a baffled Republican finds just a little too much to try to comprehend.

Here, a few days ago, the Democratic central committee (or part of it) wrote a letter warning President Roosevelt to keep oct of California politics—"Dear Mac" or no "Dear Mac."

Then, when the papers reported that FDR was going to pass through Martinez next Thursday, the same committee chairman who signed the "hands off" epistle, sent a wire asking that the presidential special stop at the county seat. A return wire from the President's secretary, McIntyre, informed the county chairman that while the President regrets it, "no can do."

All of which adds up most peculiarly. Perhaps the President didn't want to give the county chairman a chance to ask what he was going to do about the "hands off" letter. Or what have you?—Brentwood News.

Mrs. Mary Moyle has returned to her home on Santa Fe avenue following a vacation spent at Hawthorne. While there she was a guest at the home of her daughter, Mrs. W. R. Spiersch. Last Sunday a reunion of Mrs. Moyle's family was enjoyed. Those present were Mr. and Mrs. N. S. Stephens and their son John of Albany, C. W. Stephens and his grandson, Wallace Grout, and Mr. and Mrs. Howard Lemoine and their daughter, Jean, and son LeRoy, all of Los Angeles. A birthday dinner with Mrs. Moyle as the honored guest was prepared and served by Mrs. Spiersch.

Miss Regina Cunan has returned from a two weeks' stay at Clear Lake where the Ski-Hi club was camped. Miss Cunan is a member of this group of girls.

Mrs. H. A. Grover of Berkeley is visiting at the home of Mrs. J. O. Weston on Richmond ave.

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WHAT to EAT and WHY

C. Houston Goudiss Noted Food Authority Explains What Is Meant by CORRECT NUTRITION

Describes How to Construct a Balanced Diet, So Essential to Maintain Optimal Health

By C. HOUSTON GOUDISS
6 East 39th St., New York City.

TO SOME families, a summons to the dinner table means nothing more than a chance to satisfy hunger. To others, it represents an opportunity to gratify the palate, sometimes to the extent of overtaxing the digestive system.

Neither of these extremes fulfills the true function of food, which is to provide adequately but not to excess, for growth, maintenance and repair of the body.

—★—

Food May Fail to Feed

You can satisfy hunger without providing correct nutrition. You can partake of delicious-tasting foods to the point of overindulgence — without meeting bodily requirements.

The mere spending of money will not insure good nutrition, for extremely poor diets can be found in households where the income is large and the food budget is ample. What counts is learning to provide the right foods in the correct proportions. The return in health will be more than worth the investment of effort in acquiring this knowledge.

—★—

A Balanced Diet

Science has discovered what foods are necessary to help build top health and keep us 100 per cent fit. The amount of food required by a man for a day's work can be accurately determined. We know that a specific disease may be produced by one diet and cured by another; that growth can be influenced through changes in the quality of the dietary; that old age may be deferred by choosing the food with care.

We know that the body is a working machine which never stops but may slow down or get out of order unless the daily diet includes every element, every mineral, every vitamin needed to maintain health and avoid the deficiency diseases.

—★—

Seven Essentials

There are seven factors to be considered in planning a balanced diet. Protein for building body tissue and repairing the millions of cells that are worn out daily. Carbohydrates to produce quick heat and energy. Fats—a more compact form of fuel, which are also essential in a satisfactory diet. Minerals which serve both as builders and regulators of body processes. The six vitamins, A, B, C, D, E and G, that also act as regulators and prevent a number of deficiency diseases. Water—which serves as a vehicle by which food is carried to the tissues. And cellulose or bulk—required for the normal functioning of the intestinal tract.

—★—

Danger in Omitting One Food Substance

The homemaker who fails to take every one of these factors into consideration is depriving her husband of the opportunity to develop his greatest efficiency. Moreover, she may be robbing her children of their birthright. During every day of childhood, the body is being built, and defects in body structure are likely to arise if the child is improperly nourished. It is then that disease and disability make their appearance as a result of faulty nutrition. How tragic to deprive the young body of substances so necessary to its well being.

—★—

How to Check the Diet for Balance

Perhaps you are like the homemakers who tell me that they do not know a protein from a carbohydrate. Or it may be that while you understand the difference, you do not know what quantities should be included in the diet each day.

To simplify your task of serving balanced menus at every meal, I have prepared a Homemaker's Chart for Checking Nutritional Balance. In convenient chart form, it shows what foods should be included in the diet every day and gives the standard amount for each food. There are also skeleton menus outlined by food classifications, which enable you to plan balanced menus for every meal by making a choice from each group of required foods.

I urge every homemaker to write for this chart and use it daily. Then you won't make such common mistakes as serving a dried legume as a vegetable at a meal in which meat is used, which tends to concentrate too much protein in one meal; or choosing a too-heavy dessert following a main course that is overly rich in carbohydrates.

—★—

60 Per Cent Carbohydrates

Carbohydrates should form at least 60 per cent of the supply of food fuel. Rarely are menus deficient in carbohydrates, because they are so widely distributed in such common foods as cereals, bread, potatoes, macaroni products, sweets, and sweet fruits and vegetables, such as oranges, grapes, apples and peas.

Fats should supply about 20 per cent of the caloric content of the diet. They are obtained from butter, margarine, cream, egg yolk, salad dressings, vegetable oils and the fat of meats.

A protein food should be provided at each meal. Meat, poultry, fish, eggs, cheese, milk and most nuts supply complete protein. Cereals and legumes furnish incomplete protein which may be supplemented by the complete protein of milk.

—★—

The Protective Foods

It is essential that the diet should contain an abundance of minerals and vitamins which are furnished by the protective foods—milk, eggs, fruits and vegetables.

Cellulose or bulk is obtained from fruits, vegetables and whole grain cereals. Water comes from juicy fruits, succulent vegetables, milk and other beverages, as well as the water that is consumed as a beverage.

To provide adequate amounts of the seven food essentials at every meal—to avoid the mistake of serving too much of one type of food and too little of another—should be the worthy aim of every homemaker. You will find the task considerably easier if you send for the Homemaker's Chart. Tack it up in your kitchen or in the room where you plan your menus, and use it to check the nutritional balance of every meal you prepare.

If you faithfully follow the food program outlined in the chart, you will help to assure your family of correct nutrition. **This is the most priceless gift you could bestow upon them. For nutrition is the architect that draws the plans of human destiny. In providing the right foods, you lay a firm foundation for health on which to rear a life of happiness and success.**

Send for this Free

Blood-Building Diet

Including Lists of

Foods Rich in Iron and Copper

READERS are invited to write for a free bulletin containing a list of foods rich in iron and a list of those rich in copper. Also included are sample menus showing how to plan a balanced diet containing generous amounts of foods rich in these blood-building minerals. Send your request—a postcard will do—to C. Houston Goudiss, 6 East 39th Street, New York City.

Free

Homemaker's Chart

for Checking

Nutritional Balance

PLANNING a balanced diet will cease to be a puzzle if you send for the Homemaker's Chart for Checking Nutritional Balance, offered free, by *C. Houston Goudiss.*

It lists the foods and the standard amounts that should be included in the daily diet, and includes skeleton menus for breakfast, dinner and lunch or supper, to guide you in selecting the proper foods in each classification.

A postcard is sufficient to bring you this valuable aid to good menu planning. Just ask for the Nutrition Chart. Address C. Houston Goudiss, 6 East 39th St., New York City

Questions Answered

Mrs. F. C. T.—Dried figs contain from 60 to 70 per cent sugar and 4 to 5 per cent protein. They are a fine energy food.

Mrs. G. L.—There is evidence that a lack of vitamin A more quickly affects the eyes of children than adults. However, both children and adults require generous amounts of this vitamin to help maintain healthy eyes. A shortage may affect the tear glands causing a failure of secretion and dryness. The membrane becomes sensitive and inflamed, and the lids may swell.

Mrs. A. G.—Prunes are a fine natural laxative food for those in normal health. They furnish vitamins A, B and G. But they must not replace oranges or tomatoes as they do not supply vitamin C.

© WNU—C. Houston Goudiss—1939—10

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STORIES, ideas, lyrics corrected, revised, made marketable. L. DURST. Members of Pac. Coast Press Assn., 1611 Vallejo Street, San Francisco.

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'37 Ford 85 Canopy Pickup	575
'35 Ford ½ ton Pickup	375
'36 Chev. Sedan Delivery	445
'34 Ford Station Wagon	345
'34 Kleiber 12 ft Rack	475
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$13,000,000 Dole Costs

Los Angeles.—The Los Angeles County Relief Administration is ending its fiscal year with a total expenditure of about $13,000,000 for the year. Unemployed men and women without means are supported by its dole until they can be transferred to the Federal Works Progress Administration—when it is possible to do so. The State-financed body now is caring for about 23,000 families and single persons and the June cost will be approximately $1,200,000. The case load now is 748 less than it was a month ago. The L.A.C.R.A. carries about one-half the entire load borne by the State Relief Administration, of which it is the local unit.

Diabetic Camp for Children

St. Helena.—Los Posadas State Forest on Howell Mountain near St. Helena is the scene of a unique camp, the first of its kind in the western part of the United States. Under the auspices of the University of California Medical Center the camp will house from twenty-five to thirty diabetic children for the two weeks between July 17th and 31st.

Scientists To Meet at Stanford

San Diego.—The Pacific Coast division of the American Association for the Advancement of Science will hold its 1939 meeting at Stanford University, Palo Alto, it was announced recently.

Candidates Campaign for Primary Election, August 30th

Progress Happy to Present News Of Aspirants for Public Office

As the campaign continues until the primary election is held on August 30th 1938, the RICHMOND PROGRESS wishes to thank those candidates who have the sincere regard for readers of our newspaper to publish their announcements and campaign news with us.

Whatever may be said for the candidates whose names and pictures and write-ups appear in the PROGRESS they all have one thing in common and that is an honest and sincere appreciation of the part the local newspaper plays in the life and affairs of the city- county, state, and nation.

For this reason we bespeak for each and every one your earnest consideration of the recital of their qualifications.

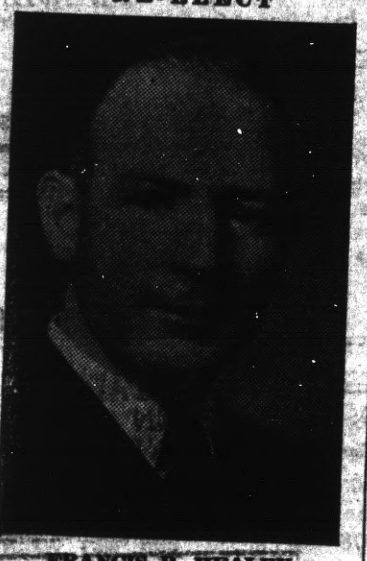
For our part we will try to be fair. Obviously, when there is more than one aspirant for the same office, like yourselves, we can vote only for one.

Nevertheless they are all good fellows or their ads would not be in this paper. And we sincerely hope for a good, clean, fair race in all contests..

May the best man win; and we will all shake hands, winners and losers after the election, and go forward in the hope and expectation of good government.

Read the Progress

RE-ELECT



FRANCIS P. HEALEY
Candidate for
DISTRICT ATTORNEY
Contra Costa County

Francis P. Healey, district attorney of Contra Costa county. Born in Crockett, raised in Contra Costa county, graduate of St. Mary's college, practicing attorney in Richmnd for several years.

Prior to entering practice, Mr. Healey was employed as county traffic officer. He became a candidate for office of D. A. four years ago at solicitation of a number of taxpayers throughout the county who were interested in economical and efficient operation of D. A. office.

In the past four years he cut the operating expenses of his office on an average of $10,321 per year. This was in spite of the fact that all county employees got restoration of previous voluntary wage reductions in 1936. He added two deputies, too.

On the record also: seventy-nine per cent of the persons who came before the superior court during the past four years on criminal offenses pleaded guilty. This saved plenty of dough. Of the rest, he convicted 18, or rather the juries did. Insufficient evidence, when cases should never have come to trial or development later brought to light information not known at time of indictment, cause release of 50 persons. Only 11 were acquitted.

One of the outstanding cases involving the county was the American Toll Bridge case. The county already had received $135,176.94 from the bridge outfit, with $85,855.55 still due. You know the history: Carquinez and Antioch bridges owed the money to Contra Costa, Solano and Sacramento counties. It represents two per cent of the gross receips of Carquinez and Antioch bridges as provided for in the franchise given the company by the boards of supervisors.

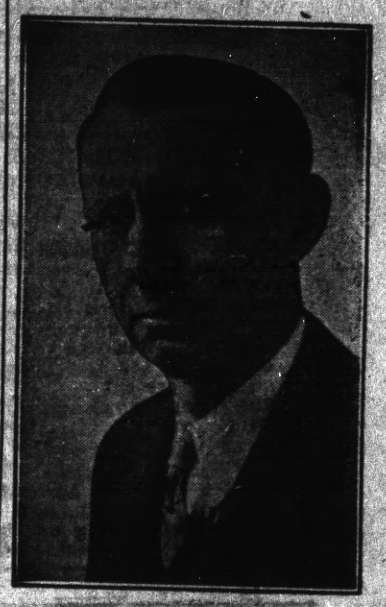
RE-ELECT

SHERIFF JOHN A. MILLER
Candidate for
SHERIFF
Contra Costa County

ELECT

FRANCIS W. COLLINS
Candidate for
ASSEMBLYMAN
Tenth Assembly District

RE-ELECT



JAMES N. LONG
Candidate for
COUNTY SUPERVISOR
Contra Costa County
First Supervisorial District

Mr. and Mrs. York at Home

Mr. and Mrs. Richard York are at home at 205 Bishop avenue after their marriage in Saint Mary the Virgin Episcopal church in San Francisco last Sunday afternoon.

Mrs. York was the former Anita Mesner Borland, widow of the late John Hay Borland of Point Richmond.

The bride was attired for the ceremony in a blue suit with accessories to match. She was attended by Mrs. John Griffin of Nichol avenue, a close friend and her niece, Miss Ann Miner, also of the Point.

The grooms father and mother and other relatives of Monterey were the only guests.

Continued on Page Ten

DR. ABBOTT FOR CORONER

The Progress is happy to bring the news to our readers this week that our friend and subscriber, Dr. C. L. Abbott has consented to become a candidate for re-election to his present post of county coroner in the elections to be held this year.

Point Richmond has been the home of many a distinguished citizen. We know of none who has been accorded the universal friendship and acclaim that Dr. "C. L." has so well merited.

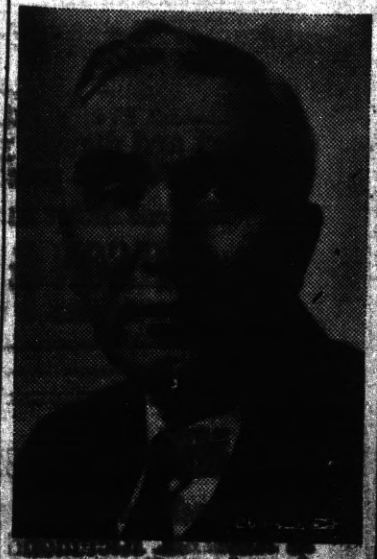
Since the year of 1900 when he came here as a young medico from Heidelberg University in Ohio his rise in his chosen profession has culminated in his recognition as one of California's topflight physicians and surgeons. Dr. C. L. Abbott is this week one of the hosts to the 7,000 doctors of the American Medical Association Convention being held in San Francisco.

Before the war, from 1906 to 1917, he was our Contra Costa County coroner, leaving the post which he had so capably filled only because of his desire to serve his country, which he did, both here and with the American Expeditionary forces in France.

Returning from the world war the neccessities of his large private practice precluded his again accepting the position as coroner; and only recently was he prevailed upon to accept appointment to the post.

In subsequent issues of this newspaper we will give in more detail Dr. Clark Lorenzo Abbott's enviable record.

Let it suffice at the outset to state that the RICHMOND PROGRESS, in consonance with the wishes of the people of this city and county, pledges our complete support to retain him in his position as county coroner.



Dr. Abbott, Republican candidate for coroner of Contra Costa County, who filed for re-election today.

Honest • Capable • Courageous

The peace, safety, and moral welfare of a community depend primarily upon honest, efficient, sane and decent law enforcement, administered in a manner that commands the respect of the people for law and order, and, likewise, their respect for public officials responsible for the adminstration of the law.

Upon the shoulders of the Sheriff of this county rests the responsibility of preserving law and order, apprehending those who violate the law and taking leadership in crime prevention. To command the respect of his constituents and maintain an era of good government, the Sheriff himself, must have respect for such law and order and stand as a bulwark against intrusion of lawlesss elements bent upon disturbing the well-being of self-respecting, law-abiding people.

WORLD WAR HERO

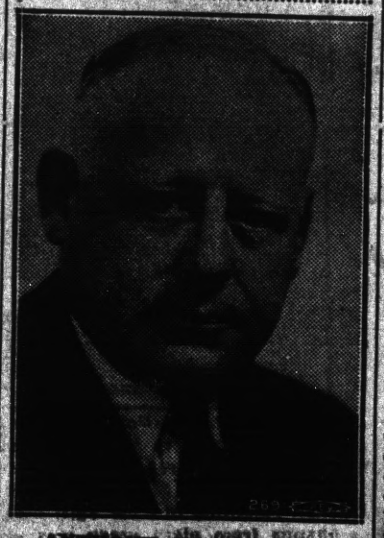
Anthony Reggiardo is a man of unquestionable integrity. As a soldier with the A. E. F. he received the Distinguished Service Cross as a reward for valor and devotion to his country. Relative to the stressful circumstances where he earned this high honor, the following quoted from General Order No. 98, War Department, 1919, is presented:

"Near Waerechem, Belgium, October 31, 1918, Corporal Anthony Reggiardo, Company 'K', 363rd Infantry, 91st Division.... voluntarily went forth with his squad to combat a hostile machine gun nest which had held up the advance of our companies After the squad leader had been killed, he took command, and directing a heavy fire of Automatic Rifle and Rifle Grenades, he drove back advance enemy posts and cleared a path for the further progress of his company."

CHIEF ENFORCEMENT OFFICER

...For the past five years he has occupied the position of law enforcement officer in the service of the California State Board of Equalization, for the county of Contra Costa. His career in this capacity has won for him a high standing in the County and the State as an efficient law enforcement officer, unafraid to administer his duties in restraining those who wonld flout the state liquor laws.

When Mr. Reggiardo assumed the office of chief enforcement officer of the county he made his position clearly known to all, relative to liquor law enforcement.



ANTHONY REGGIARDO

Born in Martinez 43 years ago. Descendant of pioneer family. Lived in county all his life.

Undramatically, but with an understandable emphasis that traversed the county, he issued a mandate that the laws were to be observed, and that he would see to it that they were observed and adhered to by everyone engaged in the liquor industry. Known to be a man of his word, and one to back his word with action, his authority has been respected with the result that Contra Costa County is considered one of the counties in the State in which the liquor laws are strictly enforced.

ELECT REGGIARDO SHERIFF

Courageous, honest and able, Anthony Reggiardo, as sheriff, can be depended upon to conduct the office in a dignified and business-like fashion. There need be no fear of him shirking his duties or engaging in pursuits contrary to the community,s concept of becoming conduct. His authority will be respected just as it has been as chief liquor law enforcement officer.

It is their confidence and faith in Anthony Reggiardo to serve honestly, intelligently and efficiently, that has rallied hundreds of leading citizens from all parts of the county and representatives of all walks of life to the campaign to elect him sheriff. They are aware of his worth as a leader in veteran affairs, civic and social activities and the public life of the county.

The REGGIARDO-FOR SHERIFF CAMPAIGN COMMITTEE is composed of supporters from the ranks of labor, business, industry, veterans, religious and civic organizations of the county. A

VOTE FOR ANTHONY REGGIARDO WILL BE A VOTE FOR CLEAN, HONEST, and EFFICIENT LAW ENFORCEMENT.

Anthony REGGIARDO for Sheriff

"Quaff the Foaming Tankard" at the

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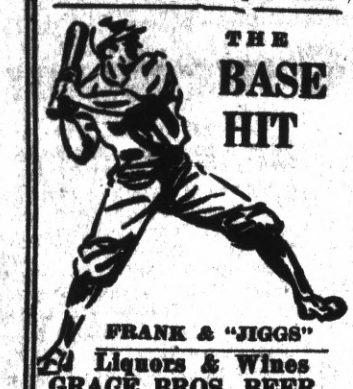
Baseball Headquarters



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FRANK & "JIGGS"
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Fresh Shrimp and Prawns
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at the
EAGLE
CAFE

SHOE
REPAIRING

THE
STAR
SHOE REPAIR
SHOP
J. S. Nagy, prop.
2228
Macdonald Ave.

Badminton Stars in Title Meet

Badminton made its debut as a big-time American sport when players from all parts of the country met in Chicago for the first national championship tournament. The popularity of the game among women was indicated by the large number of feminine entries. Among skilled competitors were, left to right: Helen De Peyster, New York city, Patience Radford, Boston, Neva Hitch, Chicago; and Zoe Smith of Seattle.

Open Air Art Mart Heralds Spring

You know it's spring when the open air art show gets under way in Washington square, New York. Martin Delaney, twelve, one of the exhibitors at the Children's Open Air show is shown trying to "sell" a prospective customer, Miss Arloie Conaway.

"Mae West Curve" on Mountain Road

Mountain scenery is recorded at its most impressive stage through the lenses of an infra-red camera. In the center may be seen Mae West curve on the new Red Lodge Montana highway to Yellowstone park—a fitting monument to a comely movie star.

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A perfect wife to cook your meals and a perfect grocery—WHITESIDE'S— to furnish the groceries for your table.
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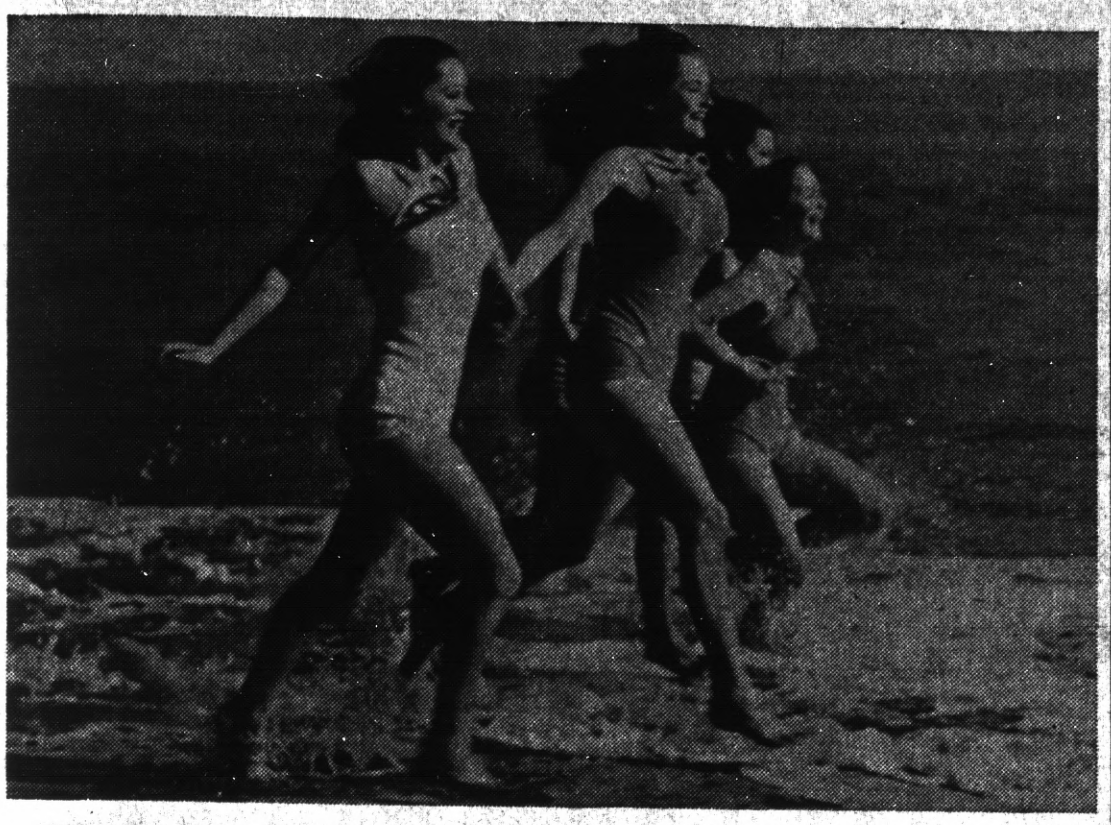
Film Girls Attracted to California Beaches



With the coming of warmer weather many of Hollywood's starlets keep in trim by daily runs on the nearby beaches. In this group are, left to right, Lillian Porter, Gloria Brewster, Marjorie Weaver, Barbasa Brewster and Lynn Bari taking their daily run on the nearby Santa Monica beach.

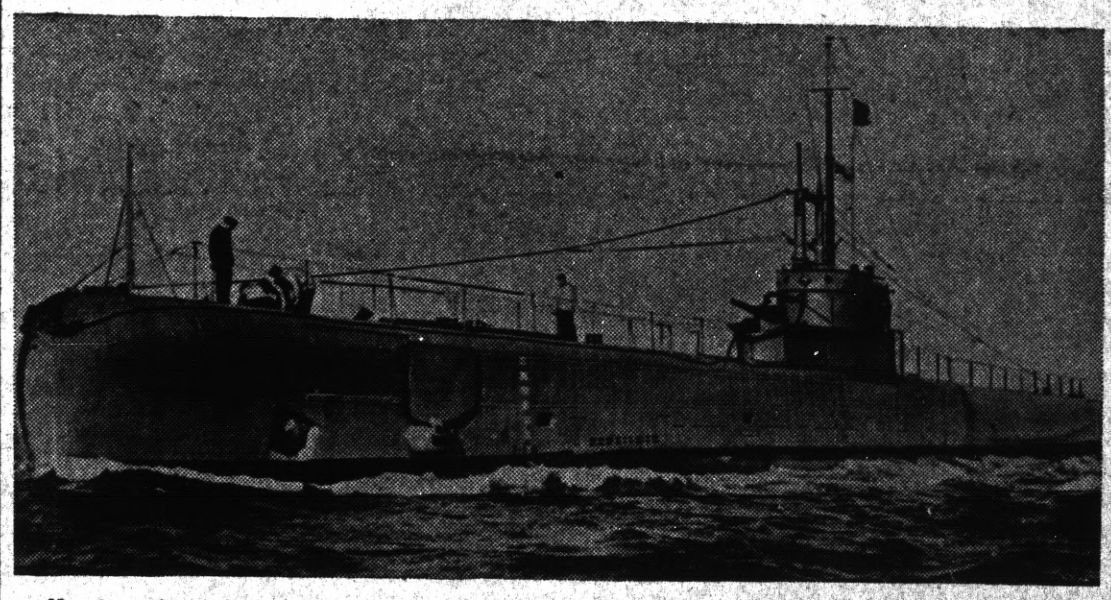
Beauty Queen of National A. A. U.

Mary Guess (left), 23, all-around girl athlete, holding records in Florida for broad jump, high jump, and shot put, playing softball, tennis, chosen beauty queen of the national A. A. U. in Wichita, Kan. In center is James Naismith, the originator of basketball. At right Miss Kay Koolman, runner-up beauty queen of national A. A. U. Dr. Naismith was one of the deciding judges. The winner is 5 feet 9 inches tall, weighs 141 pounds, and is a perfect 34.

PREXY OF BOWLERS

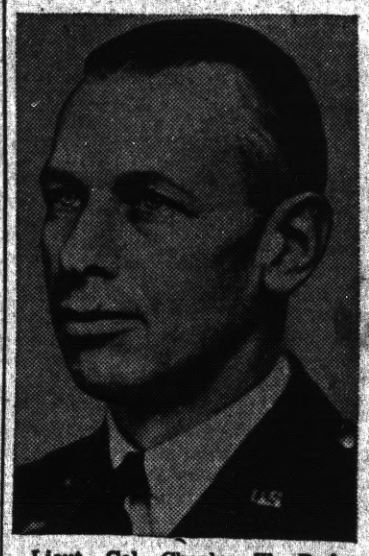
Al Lattin of New York city, who was elected president of the American Bowling congress at a meeting in New York recently during the annual tournament which attracted thousands of bowlers from all parts of the United States.

That Britain May Rule the Sea—and Under



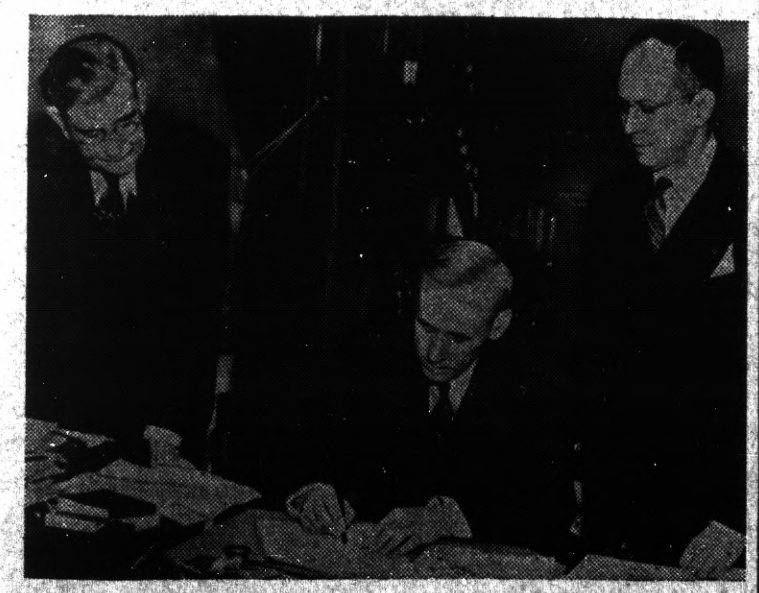
New type of mine laying submarine, the H. M. S. Grampus, recently built at Chatham dockyard, as it appeared in the harbor of Kent, England. Underseas craft such as this are part of Britain's rearmament program.

HEADS WEST POINT



Lieut. Col. Charles W. Ryder, now on duty with the army general staff, who has been appointed commandant of cadets at the United States Military academy.

Kansas Gets Damp After 56 Years



After a 56-year reign as the great American desert, arid Kansas gets slightly damp as Gov. Walter A. Huxman signs the legislative bill permitting the legal and regulated sale of 3.2 beer in Kansas—truly a history-making event. The ending of the long reign of "bone dry prohibition" was to promote temperance through use of light wines and beer. Also shown in this picture are: Leslie Wallace, left, the governor's private secretary, and A. Ross Neville, the governor's confidential secretary.

MAYOR QUITS JAIL

Mayor Bans of Huntington, Ind., pictured following his recent release from prison where he went last July 6 for contempt of court because he defied a court order to disconnect private and commercial customers from his municipal light plant. The mayor's release was ordered after the judge had been informed that all commercial consumers had been disconnected from the municipal plant.

SHE USES 3,800 WORDS

Mary Christine Dunn, twenty-eight-month-old daughter of Mr. and Mrs. Lawrence T. Dunn, of Bonne Terre, Mo., who, according to scientists of Washington university, has an intelligence quotient of 185. This is 45 points higher than the I. Q. normally attributed to genius. Mary's parents say she has a vocabulary of more than 3,800 words, and discusses current events in a manner becoming a student of affairs.

Dr. Rafael Lopez, Exiled 14 Years, Enters New Cabinet

Dr. Rafael Ernesto Lopez, a native of Venezuela, for 14 years an exile in the United States, who will return to Venezuela to become minister of education in the cabinet of President Eleazar Lopez Contreras. During his American exile, Dr. Lopez became a successful New York surgeon.

RICHMOND PROGRESS

"The Friendly Newspaper That Dares to Tell The Truth"

Entered as second-lass matter at the Post Office at Richmond, Californfnia, March 15th, 1935, under the Act of March 3, 1879

A LEGAL NEWSPAPER

Determined a newspaper of general circulation (as defined by Sec. 4460 of the Political Code by the Superior Court of Contra Costa County, State of California

Harry R. Burt, Editor and Publisher

Published Every Monday at 24 W. Richmond Av., Richmond, California
The RICHMOND PROGRESS is a continuation of and entitled to all the rights of the POINT RICHMOND PROGRESS. Estab. 1933.
Subscription rates: $2.00, the year; $1.25, six months; 75c, 3 mos.

WPA MUSIC CLASSES

Providing opportunities for lovers of music desiring further training during the summer in piano, violin, viola and different horns, classes are being organized at the present moment under the auspices of the WPA Education Program, sponsored by the local school board and the State Department of Education.

Mr. Rex Parody, an accomplished violinist, will give instructions to the string and band players, who will meet Monday evening at 7:15 in the Roosevelt Junior high school, Room 217; and Tuesday afternoon at 1 o'clock p. m., in Lincoln school, Room 10.

Miss Loretta Sullivan, a graduate of St. Mary's College (piano department) will meet with her group interested in piano, Thursday at 6 o'clock p. m., in the Roosevelt Junior high school, Room 105.

Information concerning these classes, which are free to the public, can be obtained at Lincoln school, Room 2.

SHERIFF APPEALS FOR AID IN FIRE PREVENTION WORK

Sheriff John A. Miller has issued a warning to the general public to the effect that an ordinance is in effect in Contra Costa county prohibiting the sale or possession of fireworks, and requests the co-operation of all persons in keeping down the danger of fires over the Fourth of July holidays.

The sheriff states that the heavy rains during the past winter brought to the farming and pasture areas an excedingly heavy growth of hay and weeds, which at the present time is dry as tinder and constitutes a grave hazard, and he requests that in addition to the compliance with the fireworks ordinance, all persons be careful in regard to throwing lighted cigaretts and cigars from moving vehicles.

"I appeal to all persons to be most cautious," said the sheriff, "with the use of any material which might cause fire. I believe that every farmer has a tough enough struggle to make his existence and that no one would deliberately cause him further financial loss."

Mr. and Mrs. Harry Baker and family, who have resided at 226 Nicholl avenue, are moving to 542 Fourth street, Richmond. They will be in their new home by the first of next week.

In The WEEK'S NEWS

MILKING CONTEST WINNER—Miss Virginia Straughan, pretty New Jersey College for Women coed from Somerville, N. J., as she won the coeds' milking contest, at Rutgers University, New Brunswick, N. J. Miss Straughan milked seven pounds of milk in three minutes.

REFUGEE CHILDREN ENJOY THEMSELVES — When the French Priest, Father Jacquinot de Besange, established with the consent of the Chinese and Japanese Military commands a refugee zone, 200,000 Chinese poured into Nantao, the district adjacent to the French Concession. Children were placed in special wards where they enjoyed games, oblivious of cannonade.

NEW PLAY SUIT—Up to the minute in fashion ideas is Cynthia Westlake's new play suit of candy striped cotton in red and white, bound in blue to carry out the patriotic color scheme. This brief costume with its circular skirt is ideal to wear over a bathing suit.

NEW POLICE CARS—Police of many cities are interested in the new color scheme, vivid white, green and black, for radio patrol cars, just approved by Commissioner Valentine in New York City. The change from plain green was ordered to protect the officers. Photo shows one of the new cars being inspected at the Plymouth, Detroit factory by Traffic Director F. W. Juergens (left) and Inspector Van Coppenole accompanied by Plymouth Vice-president P. C. Sauerbrey.

COAST TO COAST AND BACK BY BIKE—Carl Jepperson (left), 65-year-old bicyclist of Long Island, starts his bicycle trip to San Francisco. He plans to pedal from San Francisco down to Mexico and back home in time to witness New York's World Fair.

WINS LIFE BUT LOSES EYE—Baby Helaine Colan, 5-weeks-old Chicago infant, underwent an operation removing her eye, which may render her blind. Her parents decided upon the operation rather than chance imminent death from a cancerous growth.

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262 FIFTH STREET PHONE RICHMOND 362

New Orchard Heater Tested

New hope of revolutionizing the defense of California orchardists against frost are hinging on a smokeless heater developed by C. H. S. Littleton, Hermosa Beach inventor. Tested in the grove of City Treasurer Carp P. Pegler at Sierra Madre, witnesses said, the heater was found to generate from two and a half to four and a half times as much heat as standard models.

Rifle Practice Below

When an oil well is drilled, oil sands may be encountered, yet passed by the drill in anticipation of richer deposits below. But when the deep deposits are exhausted, engineers want to tap the upper levels. So they've just devised a method of lowering a 15-barreled gun and shooting .30 caliber bullets at the proper depth. That sets off the oil flow.

Aimless

Speaking without thinking is shooting without aim.—Cato.

How Women in Their 40's Can Attract Men

Here's good advice for a woman during her change (usually from 38 to 52), who fears she'll lose her appeal to men, who worries about hot flashes, loss of pep, dizzy spells, upset nerves and moody spells.

Get more fresh air, 8 hrs. sleep and if you need a good general system tonic take Lydia E. Pinkham's Vegetable Compound, made *especially for women*. It helps Nature build up physical resistance, thus helps give more vivacity to enjoy life and assist calming jittery nerves and disturbing symptoms that often accompany change of life. WELL WORTH TRYING!

From Great Heights

Lofty towers fall down with the greatest crash.—Horace.

CAUTION!

DON'T SOAK FALSE TEETH

Don't take chances. Soaking dental plates in "cleaning" solutions changes their color in a few months. They turn dingy and dull, loosen and fall apart. Dentists advise brushing with powder. A'dent dental powder is guaranteed to quickly clean and remove stains and odors without injury to plate or teeth. Be safe. Your dentist's seal of approval is the one that protects you. He'll say: "Use A'dent." 35c at leading druggists.

WNU—12 27—38

Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.

Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength.

Other signs of kidney or bladder disorder may be burning, scanty or too frequent urination.

There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. Doan's have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people the country over. Ask your neighbor!

DOAN'S PILLS

Star Dust

★ *Hurricane Elopement*
★ *Story of Earhart*
★ *Norma Steps Out*

By Virginia Vale

MOVIEDOM is still gasping a little over the elopement of Frances Langford, the radio singer and movie actress, and Jon Hall, who skyrocketed to fame in "Hurricane" and hasn't been seen on the screen since.

Just after it was announced that they wouldn't marry until he had become more firmly established in pictures, they slipped off to Prescott, Ariz., with her mother and his sister and got married. But Hollywood didn't know about it until four days later, possibly because he used his real name, Louis Locher.

Frances Langford

Even after Hall made such a hit in "Hurricane" he drew only $150 a week for some time—mere chicken feed in Hollywood—but his salary was finally raised to $200.

*

Kay Francis' last picture under her present contract will probably be based on a story that she herself wrote and sold to the studio. It's all about a famous aviatrix who goes into a round-the-world flight contest, and gets lost on a desert isle. Can it be possible that Miss Francis heard about Amelia Earhart?

*

The New York revival of those two Valentino pictures, "The Sheik" and "The Son of the Sheik," was so successful that Agnes Ayres, the heroine, has been booked for a 20-weeks' personal appearance tour. And two more Valentino pictures will be brought forth.

*

Norma Shearer would like to do a smart modern comedy, after her long siege of costume pictures, so you may see her in "The Women."

NORMA SHEARER

which had a long run as a successful play before being handed over to motion pictures. Norma has a way of getting what she wants—as Marion Davies found out when they both wanted "Marie Antoinette" and Norma got it.

*

ODDS AND ENDS—A radio actor and director who learned nineteen languages is on the air—as a dialect stooge and imitator of animals . . . Many of the professional radio announcers are bad, but after hearing a dozen amateurs try out the other day the worst of them sounded marvelous . . . Bette Davis refused to be included in a list of moviedom's ten most beautiful girls; said "The idea is silly, because I'm not even a near beauty" . . . It's said that Metro spent $250,000 developing "I Married an Angel" as a picture, and finally abandoned it—whereupon it was bought for the stage, where it's a tremendous success.

© Western Newspaper Union.

HOW to SEW

By RUTH WYETH SPEARS

A BIT of hand embroidery for the collar and sleeves of a little girl's dress is always the smartest trimming. Quickly made stitches and interesting colors

may be combined to give unusual effects.

The dress shown here is pale blue chambray. The collar and sleeves are edged with blanket stitch in a deeper blue as shown at A. Between each blanket stitch a tiny loop stitch is made in white and three larger white loop stitches at the top of every second blanket stitch as shown at B. All six strands of a six strand embroidery cotton may be used or No. 5 pearl cotton. For a dress of fine sheer material such as dimity or organdie use finer embroidery thread. For a printed fabric, repeat two of the strongest tones in the printed design or use white collar and cuffs embroidered in the background color of the print and one of the brighter tones.

NOTE: If you wish to use these weekly articles for reference paste them in a scrapbook, as they are not included in either Sewing Book No. 1 or 2. Book 1, Sewing for the Home Decorator, covers curtains, slipcovers, dressing tables; 48 pages of fascinating directions. Book 2 illustrates 90 embroidery stitches with numerous applications; doll clothes and gift items. Order by number, enclosing 25 cents for each book desired. If you order both books, leaflet on making crazy quilts, with 36 stitches illustrated, will be included free. Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

Lovely Filet Crochet Cloth

Pattern 1726.

Crochet these lacy companion squares in odd moments—then combine them into an exquisite cloth or spread! The rhythmic design is set off by easy K-stitch. Pattern 1726 contains charts and directions for making squares; materials required; illustrations of squares and of stitches.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York.

Boy's Town

In Nebraska there is a town completely run by boys. The idea of having a boys' town for homeless boys was the conception of Father Edward J. Flanagan of Omaha, Neb. The town is situated 10 miles west of Omaha and comprises a million-dollar plant with 320 acres of farmland, 11 modern buildings and accommodations for 200 boys. It is a self-governing community with the control completely in the hands of the boys.

There is a boy mayor and six commissioners comprising a city council. The board of advisers consists of members of the school faculty.

Stanton's Resignation

President Lincoln was greatly distressed over Edwin M. Stanton's resignation as secretary of war. We quote from "Lincoln," by Rothschild: "Upon the announcement that Lee was about to surrender, Edwin M. Stanton tendered his resignation. A letter which he handed to the President took the ground that this event would virtually end the war. Mr. Lincoln is reported to have been greatly moved. Tearing the resignation into pieces and throwing his arms about the secretary . . ."

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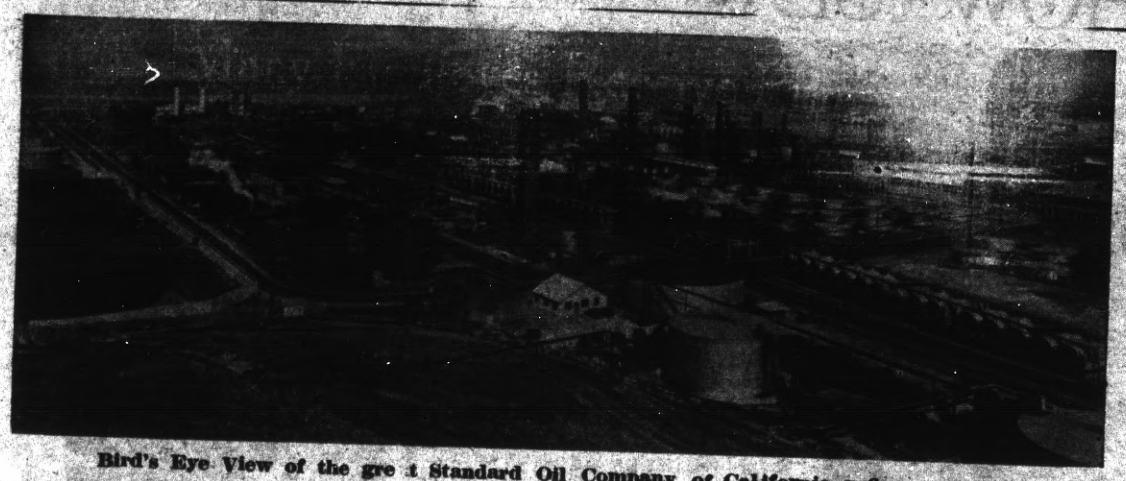
UNA and INA Celebrate the Fourth...

Standard Oil Refinery

1938 Service Pin Awards



Bird's Eye View of the great Standard Oil Company of California refinery at Richmond.

There was no meeting of Point Chapter, O. E. S., this week as the first meeting in July is vacation night of the year. The next meeting will be on July 21.

Edward Owens is recovering nicely from a tonsil operation which took place at the Richmond hospital last week. He is at his home on Nicholl avenue.

READ THE PROGRESS

Mrs. Ruth Wood and her son Bobbie are spending their vacation at Pinecrest. They will be away another week.

Mrs. G. J. Allyn and daughter Diann are enjoying a week's stay in Grass Valley. Diann has been ill for the past month and it is hoped that the sunshine in the mountains will be of benefit.

Mr. and Mrs. H. S. Washburn and son of Berkeley have leased the cottage at 19 Water street, and have moved there to reside.

Mr. and Mrs. G. W. Thompson, who reside at 230 Castro street, left early this week for a vacation to be spent in Southern California. They are making the trip by motor.

Mrs. James Striethorst, of San Francisco, was a guest during the week at the home of her mother, Mrs. Chloe Childs on Nicholl avenue.

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Joint Commission of Alameda and Contra Costa Counties inspects site on Treasure Island. Left to right: George A. Janssen, Supervisor Alameda County; James N. Long, Supervisor Contra Costa County; Chairman William J. Hamilton, Alameda County; Col. John U. Calkins, Jr., chairman Alameda County Development Commission; R. J. Trembath, Supervisor Contra Costa County.

Many Employes Receive Pins

Pride of Richmond is the great Standard Oil Company of California's refinery, largest industrial plant in the West, which is the backbone of this industrial city's economic life.

Pride of the Standard Oil Co. is the longevity of service of its employees.

Twice a year the company recognizes the service of its loyal employes by presenting, as a signal mark of distinction, pins which denote the length of service at the refinery of hundreds of loyal employees.

COMPANY REWARDS SERVICE

The semi-annual presentation of service pins to employes of the Standard Oil Company of California at the Richmond refinery took place at noon today at a luncheon held at the cafeteria of the local plant. Pins for service ranging from 10 to 45 years were presented to 123 refinery employes, and 14 others were presented to employes in other departments of the company here.

Francis H. Smith, plant manager, and the heads of various departments of the refinery and other divisions made the presentations to men directly under their supervision. Other executive officials also attended the event, with a few special guests besides those receiving the service awards.

9000 WEAR PINS

More than 9000 among the 14,000 employes of the Standard Oil Company of California in its various refineries and departmens, are now wearers of service pins indicating 10 years or more of service with the company. Among these are 1105 employes of the Richmond refinery.

VETERANS

The oldest active employe of the refinery here in point of service now is J. A. Butler, who holds a 40-year service pin. Eight men at the refinery hold 35-year pins, including those presented today. They include Walter Mathews, J. F. Freitas, Eugene Hunter, Howard French, John A. Bell, Louis D. Cellis, Antonio B. Flores and Presley M. Neville.

One 45-year pin was presented today to William J. Raftery, who recently retired after his 45 years of service.

1812 EMPLOYED HERE

The Richmond refinery had 1812 regular employes on its rolls on July 1, of which 60.99 per cent were wearers of service pins, taking into account the presentations to be made today.

The service pins bear a star for each five years of service up to 25 years. A diamond displaces a star for each five years thereafter.

Following is a complete list of today's awards:

Service pins presented by F. H. Smith, manager:

45 Year Pins: William J. Raftery, (retired).

35 Year Pins: John A. Bell, Louis D. Celis, Antonio B. Flores, Presley M. Neville.

30 Year Pins: Chas. B. Burns, Otrin D. Dibble, John R. Garvin, James J. Gilmore, John Shubat, Jr.

25 Year Pins: Merle M. Moore.

15 Year Pins: Alert D. Foster, Harry W. Thompson.

Service pins presented by D. J. Hanna, superintendent.

20 Year Pins: Elwood H. Essler, Martin Mattern, Benjamin W. Mowday, Manuel B. Pacheco.

Service pins presented by C. A. Pollard, assistant superintendent:

25 Year Pins: Alexander E. McTaggart, Wilburn L. Richards, James S. Waite, Wayne A. Westover.

20 Year Pins: Lawrence G. Bleuel, Warren W. Dennis, Alonzo J. Moris, Waler L. Peterson.

15 Year Pins: John E. Aubuchon, Charles R. Andrain, Ray R. Benson, Dempsey McMillion.

10 Year Pins: Ralph E. Luck, Clayton H. Mulvaney.

Service pins presented by E. D. Gray, assistant superintendent:

25 Year Pins: Rudolph J. Gasser.

20 Year Pins: Joel E. Bottom, William C. Chappell, Joseph H. Cook, William F. Downing, Newton R. Jackson.

15 Year Pins: Joseph R. Glass, Lawrence H. Rushmer, Robert N. Weeks, Willie F. Williams.

10 Year Pins: John V. Sargent.

Service pins presented by L. W. Dicely, superintendent barrel house department:

25 Year Pins: Jesse M. Bowser, Bliss W. Brothers, Frank N. Gordon, Sr., Elmer F. Silva, Homer F. Wells.

20 Year Pins: James L. Brown, William L. Chinn, Michael F. Creamer, Claude M. Dewsnup, William N. Gann, Anthony J. Hannon, Richard F. Hosking, Richard D. Lefler, Erick Nelson, John E. Pimm, Chas. W. Schneider, William A. Slattery, Artie W. Vanskike.

15 Year Pins: Paris F. Butisbauch, Ethel R. Rison, Leonard Rosenstrauch, Wesley J. Steengrafe, George C. Viani.

10 Year Pins: Ralph Brotzman, Charles H. Newman.

Service pins presented by E. A. Zeltfuchs, chief engineer:

25 Year Pins: Norval D. Cleghorn, Forest H. Hooper, William T. Hughes, Fred L. Neu, Alva R. Pearcy, Charles N. Robbins, Charles P. Smith, Edward M. White.

20 Year Pins: Lida F. Coberly, Walter L. Gaige, Austen T. Grahame, John T. Hemsath, Lawrence Strikling, Richard Topaz, Fred F. Wade, Abel E. Wallin, Carl R. Wolleson, John G. Young.

15 Year Pins: Randolph Crouse, Gerald J. George, Ivan H. Ihm, Alexander Markus, Emil W. Thielsen, Hugh R. Woods.

10 Year Pins: George L. Keiser, Raymond Tate.

Service pins presented by R. A. Patterson, chief clerk:

20 Year Pins: James A. Brien, James H. Elwell, Fred O. Gebhart.

15 Year Pins: Ernest J. Codegilia, Mrs. Jennie E. Hitch, Burnett A. Rosier, Miss Vivian L. Transue, Vernon F. Walters.

Service pins presented by C. H. Smith, foreman, cracking plant:

25 Year Pins: Edward E. White.

15 Year Pins: George Bartram, James A. Cozine, Raymond L. Dickinson, Walter W. Nelson.

10 Year Pins: Lowell J. Andruss, Phillip F. Staggs, Harvey Stender, Earl V. Tessneer.

Service pins presented by H. P. Smith, chief chemist:

20 Year Pins: Daniel E. Lemes, Walter Zimmerman.

15 Year Pins: Ernest R. Coryell, Joe C. Hart, Mark W. Hoover, Ernest F Persinger

10 Year Pins: Carl W. Ball, Horace H. Haynes, Roy Henry, John T. Holman.

Servie pins presented by A. L. Lyman, superintendent research and development department:

25 Year Pins: C. K. Parker.

15 Year Pins: H. M. Alley, J. W. Donaldson, T. S. Flint, F. G. Graves, J. R. Hawes, J. T. Jewell, G. A. Rader.

10 Year Pins: H. A. Anderson, H. H. Quinby.

Service pins presented by A. W. Jones, motor transport department:

25 Year Pins: M. P. Silva.

15 Year Pins: H. E. Dimock, F. L. Higgins.

Service pins presented by K. V. King, purchase and stores department:

15 Year Pins: C. P. Miller.

AS COMIC ARTISTS SEE THE WORLD

MESCAL IKE By S. L. HUNTLEY — **A Problem of Overhead**

FINNEY OF THE FORCE By Ted O'Loughlin — **Just Gossip**

'KEEPING UP WITH THE JONESES' — Too Bad Eddie Can't See Ahead — **By POP MOMAND**

S'MATTER POP— Let's See? May Be Better Without Kick — **By C. M. PAYNE**

POP— Financial Advice — **By J. MILLAR WATT**

HARMONY OF BODY MIND AND SPIRIT
By Tamiz Tanagra

A FRIEND

Yesterday I sat on a low stool by a large chair in which a glorious lady, small in stature only and nearing her hundred year mark, sat . . . and shared a pot of tea.

She has been a friend since my early childhood. In those days I listened then as I do now while she painted pictures of the future through the medium of words. The banner she always held high with the word "Woman" has been waving since her girlhood. Many of her dreams have come true . . . others are slowly taking form. There is so much equality-character-fulfillness of life for all . . . it is a radiant picture to contemplate.

She has come up from the hardships of the pioneering days through the various changes to our present day . . . an active participant all the way. Yet one cannot tempt her to discuss the past except by way of comparison . . . only the present and future interests her.

These rare visits will soon be denied me . . . but they will always remain a privilege and highlight in my life. A privilege I wish many might have shared along with me. I realize also many would not value it at all.

To me it is splendid to see the years defeated . . . to see the fruits life offers when met half way . . . to see the courage and nobility of spirit an individual possess reach such heights.

For me it is more than an inspirational tonic . . . it is a mental and spiritual cleansing to stand in the reflection of a soul such as this.

LUDEWIG IS MAYOR
Continued from Page One

Pillman Ripley, the vote as mentioned above was unanimous.

Mayor Ludewig is one of the real pioneer citizens of this city, coming here and opening the Standard Market on May 17, 1902, investing capital in a two-story building at the corner of Potrero (now Cottage Avenue) and Santa Fe Avenues.

As time moved on Mr. Ludewig moved his market first to Washington Avenue and then to Macdonald Avenue, always retaining in Point Richmond his original property here. In the year 1934, Mr. Ludewig retired from active business after a career of more than 40 years in the retail meat business, having been the owner of the Howard Cable Market in San Francisco previous to coming here.

Congratulations, Mayor Ludewig.

STATE FAIR PROGRESS

SACRAMENTO—New artistry, new plans and new motifs are being written into every phase of new county exhibits under construction at the California State Fair in order that they will reflect California's unprecedented yearly agricultural income of approximately $750,000,000.

A speed-up of the fair organization has been ordered by Secretary-Manager Robert Muckler to insure completion of the Board's largest program for the 84th annual exposition at Sacramento, September 2-11.

Livestock, poultry, farm machinery and dairy products are divisions of the California agricultural exposition, but are treated as separate shows. Each one of these departments soon will announce programs for the 10-day fair.

Mrs. LeRoy Alexander has returned to her home on Piedmont place, following a week's stay in San Francisco.

Word of the death of the mother of C. E. Bryson at San Fernando, last week, has been received by friends here. Mr. Bryson was formerly a resident of the West Side and president of the Point Townsend Club.

COMMENT
By the Editor
Continued from Page One

It complains that in previous depressions the party in office always went out of power on the the next election. "Ain't it so?"

* * *

It now appears, under F.D.R., that these relief checks and public works checks are distributed to the people who need them badly,—common people, of whom Abraham Lincoln once said, "The Lord must have loved them because he made so many of them." —And since the people are not in bread lines they continue to vote and support F. D. R. and the New Deal. Strange, isn't it?

* * *

One would imagine, by reading [illegible] that h common people should be some sort of brainless monstrosities that would lay awake at night trying to figure out how to poison their benefactors. Anyway, the old forces that used to cause depressions—and would like to do so even yet, if they could,—sit helplessly on the side lines, while F. D. R. is in there pitching ball.

* * *

The laugh in the editorial comes in the first paragraph when in it is stated that when the "Immaculate" Boies Penrose heard, in 1920, that two political workers for Presidential Candidate Frank O. Lowden working in Missouri and pocketed $2500 apiece which should have been used to secure the nomination for Lowden at Chicago, he (Penrose) was so disturbed that he threw the nomination to the dark horse, Warren G. Harding, made him presiden. The American people well know the disgrace of the Harding administration in the putrid Tea Pot Dome scandal.

* * *

READ THE PROGRESS

"Immaculate" Boies Penrose, indeed! If he was disturbed at Lowden in 1920 on account of the $2500 thievery on the part of traitorous henchmen it must have been because Penrose figured that if Lowden allowed those political punks to get away with such petty pilfering there would not be a chance for any Tea Pot Dome grabs after the election.

* * *

"Immaculate" Boies Penrose . . . on second thought, it might be a good idea to have the Saturday Evening Post investigated, at that.

Rev. and Mrs. W. S. Kelly are expected to arrive in Richmond this week end. Rev. Kelly was recently appointed to fill the pulpit at the First M. E. church and will hold his first services Sunday at 11 o'clock. They will reside in the church parsonage at 226 Nicholl avenue.

COUNTY FAIR BEAUTIES
Continued from Page One

The contest opened today and any unmarried young lady in Contra Costa county is eligible. All ladies entering may send a photograph not smaller than 3x5 and preferably larger, to the County Fair Headquarters, Antioch, California.

Entries should clip to the photograph the name, address, age, and weight of the entry.

Photographs without names will be turned over to a committee and one girl will be chosen to represent each city. The winner will then go on display at the Queen Candidates Ball, to be held at the Antioch Legin hall on August 30. At that time the judges will select an oficial County Fair Queen. The unsuccessful candidates will be members of her court, and all will receive a number of honor at the four-day Contra Costa County Fair.

The coronation ball will be held on Saturday evening, August 27. W. B. Noin was today appointed chairman of the committee that will be in charge of both dances.

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